New Rules Simplify Food Stamp Application

RICHMOND - The Department of Welfare announced recently that it is undertaking an aggressive program to ensure that Virginia residents take advantage of new simplified application procedures in the Food Stamp Program that went into effect on March 1, 1979.

Many of the new rules were designed to simplify the food stamp application process for all households and to speed up the delivery of benefits to needy applicants.

According to the Commissioner of Welfare, the newness of the procedures might have resulted in some confusion over who could apply for or receive benefits.

"We are concerned that every person in Virginia be given an opportunity to apply for the Food Stamp Program and that a fair and equitable evaluation of their potential eligibility be made," Welfare Commissioner William L. Lukhard said.

"Now that the new program has been in place for almost two months, we want to make sure that anyone who may have been unable to apply for the Program or may have had their application delayed while we were beginning to use the new procedures, applies for the Food Stamp Program," Commissioner Lukhard said.

Each local welfare office in Virginia is required to screen all applicants to identify "destitute households," who, because of a recent loss of income or because they have no income after allowable deductions, are entitled to receive their benefits within two days.

Other eligible households must receive their food stamp benefits within 30 days of the day they submit their application.

Local welfare agencies are required to encourage persons who request food stamp benefits to submit an application on the day they request assistance, and to advise these persons that the process for applying for assistance can be started by submitting an incomplete application, containing only their name, address, signature and the date.

Details can be filled in later in an interview with a worker.

Other provisions in the new rules permit anyone to apply for the program by mail, and allow the office interview to be waived for senior citizens who are unable to come to a local office because of age or infirmity and for other persons with a special hardship.

Applications, interviews, and other business can be handled by an "authorized representative" if the applicant is unable to appear in person.

Local welfare agencies will also make applicaitons available in bulk quantities to any person or group who requests them for use in outreach and public education efforts.

More information about the Program, or where persons can apply, can be obtained by calling, toll-free 1-800-552-3431.

Now It's Love and Marriage and Career!

Two of most things is better than one. But, two careers, one marriage . . . is it better? Can it work?

Special problems crop up for the two-career couple that can place extra strain on a marriage, but the fact is, more and more couples are managing this new lifestyle and managing well.

Fifty-four percent of U.S. women between the ages of 20 and 65 are now part of the labor force, so if both of you aren't working right now, chances are that sometime in the future you will be.

You should be prepared for some of the problems you'll have to face. According to one expert, they fall into three main categories: long-range decision-making, daily organization of life and psychological and emotional conflicts.

Whose career comes first? That's one of the toughest areas of long-range planning for partners who have careers rather than just jobs. It affects where you live, what you do.

Probably the best way to deal with the problem is for both of you to make up individual career plans, then come together and decide which parts of each plan can work for both of you. Perhaps one person's career can take precedence over the other's at certain points in your relationship.

Another of the long-range bones of contention is whether or not to have children. Both working partners have to sit down and decide whether they are willing to take time off from their careers at various stages to deal with the raising of children. They have to determine whether they will place the child with a day care center, hire a babysitter or stay at home and raise the child themselves.

On a day-to-day basis, household chores can cause problems. If the two of you cannot agree on a division of work which is suitable, remember you have the option of hiring outside help.

Money management, too, presents some hassles. There are a number of ways you can go, but one expert recommends that each of you pay for a certain area of home expenses out of your own separate bank accounts. That way, each partner has a share of the economic responsibility.

The important thing for any couple, and in particular the two-career couple with all its special troubles, is to talk things out the moment there is a problem. Remember that you are each different individuals and see things differently. You alone are responsible for your happiness — not your partner. Take time to do things together and have fun.

With good communication between partners, the two-career couple can enter on a challenging, but very interesting and rewarding life together.

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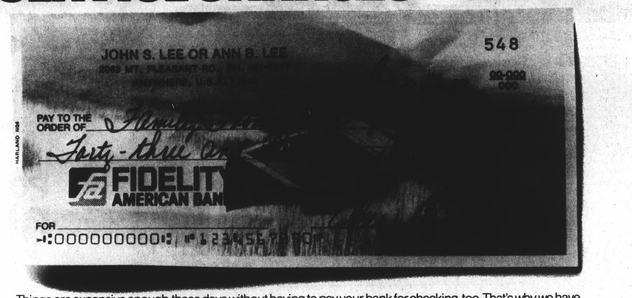

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"The South 40" by JAMES A. SMITH EXTENSION AGENT

Some important events are coming up—mark your calendar for participation.

May 16–Public Hearing "Best Management Practices" 208 program –Farmville–Prince Edward Court House – 8:00 A.M.

May 17– Field Day, Piedmont Research Station, Orange, Va.

June 27– Southern Piedmont Forage and 'Grassland's Tour– Appomattox County

July 13- Animal Industry Day– Virginia Tech

July 16- Field Day–Tom Perrow Day–sponsored by Appomattox dairymen's Association

July 21-Summer meeting Appomattox Cattlemen's Association-Chris Largiader Farm.

. . . . . .

Feeder cattle prices continue to move upward. The week of April 20 there were 5115 head steers sold in special sales that averaged $90.65, and 1969 heifers that averaged $83.49.

At the Staunton–Rockbridge Sale 409 steers averaged $96.38, the highest average this spring.

. . . . . .

The good manager of cattle will do everything possible to capitalize on the high market. If beef calf producers don't recoup beef profits over the next 24 months, it will be another 7 to 9 years before high prices return. What are some of these high profit practices:

–Implant with Raigo–for $1 invested, there is a $20 return.

–Feeding steers on grass–add rumensin to the feed.

–Cut losses from internal parasites, worm.

–Cut losses–vaccinate for blackleg, malignant edema, IBR, PI3,BVD.(There is one vaccine on the market that with one shot you gain protection from blackleg, malignant edema, black's disease, enterotoxemia, overeating disease and clostridium sordellis infections.)

–Develop a health program for replacement heifers and the herd-vaccinate heifers for bangs, develop an animal vaccination program for Lepto–IBR, BVD and Pi3.

–Creep those calves–you can put on an additional 50 - 60 pounds of gain by creep grazing calves this summer. They will be worth a dollar a pound by this fall; therefore, you can reasonably afford some effort. Plan to make a creep seeding in mid-May for summer usage.

. . . . . .

Hog numbers are rising fairly fast –spring farrowings may be up about 25 percent – numbers may be up another 20 percent this summer. Projections are for 40- hogs during the second and third quarter. Prices won't drop as fast as usual because of higher beef prices. Pork will be substituted for beef. Pork consumption per capita is expected to reach 69 pounds this year, but well below the 79 pounds in 1971.

Plantings Attract Birds

The sight and sound of songbirds is one of the delights of spring, along with fresh green leaves and bright-hued flowers. Their songs and "just seeing them there" add much to the joy of living.

People who want to have more birds around their house can get them just by planting the proper shrubs and trees, according to Appomattox District Conservationist Robert E. McClenny, Jr. "Plantings are not only good conservation, protecting and beautifying your yard, but they can make all the difference to birds. They provide both food and shelter."

Birds have very simple needs, he added. They only seek places to feed, sing, nest, rest, and hide. The Soil Conservation Service can help any homeowner who needs technical assistance and advice on plantings; they need only call the Soil Conservation Office.

SCS has a color brochure entitled, "Invite Birds To Your Home." Information from this useful book can help you plan plantings to improve an area for songbirds.

McClenny said that birds need a "blend" of plants. From the crowns of tall trees to low-growing flowers and grasses, birds find their favorite places. Foods also vary: seeds, nuts, fruits, berries, even flower nectar are all important. And many songbirds help control pests: their ravenous appetites include insects, worms, and spiders.

"Of course, most people know about man-made devices that may help attract birds, such as feeders - - most important when the snow falls - - birdhouses, and birdbaths. But plantings will attract permanent residents among our feathered friends," the SCS spokesman added.

Even in the smallest yard, you can attract birds if you want to. You will also protect your land from erosion and other problems with the plantings," he continued.

Like all services and programs of the U.S. Department of Agriculture, SCS assistance with conservation plantings is available to everyone without regard to race, creed, color, sex, or national origin. No charge is made for such services.

VA Questions & Answers

EDITOR'S NOTE: Following are representative questions answered daily by VA counselors. Full information is available at any VA office.

Q - I have an NSLI loan outstanding on which the annual interest charge is four percent on the unpaid balance. I desire to initiate another loan. Will the interest rate remain the same?

A - No. All insurance loans issued on or after Jan. 11, 1971, carry an annual interest rate of five percent. However, the existing loan will continue to bear the four percent interest rate.

Q - I have decided to remain under the old non-service connected pension program. Are my rates of payment subject to change?

A - Yes. The benefit you are receiving now will continue and is subject to change if you lose a dependent, your net worth becomes excessive or if your income limitation is exceeded.

Q - What must I do to apply for an increase in my VA disability compensation?

A - In order Dr get a re-evaluation you must submit a request along with evidence to support the claim, preferably medical evidence. If treatment has been provided at a VA facility, indicate where and when. The necessary treatment reports may be obtained by the VA.

Q - My NSLI dividends are applied to my insurance premiums. I would like to chance this and have the checks mailed to me. Is there a form I should use?

A - Yes. VA Form 29-432 may be used for changing your NSLI divided option.

Q - If I waive my full military retired pay to receive Veterans Administration disability compensation, can the VA compensation be garnished?

A - If a retired veteran waives his military retired pay to accept VA compensation, that compensation may be garnished for court-ordered alimony or child support. Otherwise, the VA compensation may not generally be garnished.

Q - What period is considered World War II wartime service for pension benefits?

A - The period from Dec. 7, 1941, through Dec. 31, 1946, is considered wartime service by the VA for pension benefits.

CVCC Offers Seminar In Will Writing

The Office Of Continuing Adult Education and Community Services at CVCC will offer a seminar on Saturday, April 28 entitled, "Write Your Own Will." The course is designed to equip the student with the knowledge of the preparation and design of a simple will. The course will deal with such things as: what is a will? who should have a will? who is eligible to make a will? what happens if a person does not have a will?

The seminar will start at 9 a.m. and finish at 12 noon. The course will be taught by Robert Wandrei, a Bedford Attorney. Tfis cost of this seminar is $5.00 and will meet in room 2203.

For further information, contact the Office of Continuing Adult Education and Community Services, telephone 239-0321

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bringing up baby.

By Mrs. Dan Gerber

Your baby's tears and smiles communicate to you long before those first precious words. As both a mother and a grandmother, I can give you some hints about crying.

Tears may signal that baby's diaper is wet and uncomfortable. It's easy to check and a dry baby is certainly a happier one.

Sudden, loud noises or anything startling can produce fear and make baby cry. Comforting and holding baby close will usually stop the tears.

Crying also can say that baby is overtired. If baby still cries when put in bed, wait a while or try a rocking chair. Chances are sleep will come soon.

Of course, all babies cry when they are hungry. A sure cure for these tears is the line of wholesome convenient Gerber baby foods that parents have depended upon for over 50 years.

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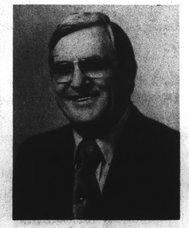

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